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PSRA-001612

Glanmire Area News

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THE DIFFERENCE IS WE DELIVER

Issue 12 - December 2015

www.glanmireareacork.com M: 086 8294713 news@graphicprism.ie

Joe Schmidt, Irish Rugby Coach in a scrum at Scoil Naomh Iosaf



Friday the 13th is often considered an unlucky day but Friday the 13th of November 2015 was a very lucky day for all the pupils and staff in Scoil Naomh Iosaf in Riverstown.

The day began, as most Fridays do, with thoughts of spellings and tables but those thoughts quickly disappeared when a surprise an-

nouncement came out over the intercom. Joe Schmidt, the Irish rugby coach was on his way from Dublin to visit our school! The excitement was palpable as children and staff made preparations to welcome him.

A guard of honour was set up along the corridors so that everyone from Junior Infants to third class would get to see Joe and when his car pulled up outside the school, we were all ready to make a good impression! Not only did all the children along the corridors get to see him, he also high fived quite a few of them as they waved their Ireland flags and got to see their hero.

The children for 4th to 6th class were all seated

in the hall eagerly awaiting a few words from Joe. A loud cheer went up when he entered the hall and smiling faces were to be seen all round. You could have heard a pin drop as Joe spoke to the children about resilience and bouncing back from set-backs. He told us about his son, who has been ill for some time, who is a similar age to the children in the hall and how he is an inspirational person in Joe's life as he shows him daily how to get up and get on with life no matter what is thrown at you.

Joe Schmidt has left a lasting impression on all the small people and big people in Scoil Naomh Iosaf with his gentle manner, graciousness and generosity of spirit. We will no longer think that Friday the 13th is an unlucky number as this wonderful visit will live long in our memories. Ár mbuíochas agus ár meas i gconaí Mr. Schmidt!



Joe Schmidt, the Irish rugby coach with Principle Ms. Lucey and Dep-Principle Mr. Power.

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January 2016

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NIL AON GLEANNTAN MAR DO GLEANNTAN FEIN " GLOUNTHAUNE NEWS BY " THE FOREIGN CORRESPONDENT "

Blían eile a d'imigh ar n-s na gaoithe agus tá an Nollaig buailte linn arís. It is a joyous period for many and people are considerate, kind and helpful but of course such outpouring should not be just confined to the festive period. Christmas is a magic season for children whose innocence and radiant smiles display a sense of wonder and enormous happiness, and they are full of excitement and anticipation.

Christmastime for teenagers and young adults, and perhaps the young at heart, is a period when party-time fever takes control whereas for the "golden oldies" it is invariably a time for reminiscing as those bittersweet memories of bygone days come flooding back. There was only one Christmas, the rest are anniversaries, and very often are occasions when a person may endure the heartbreak of homesickness even when at home. It is that time of year when the sense of loss through death, particularly if within the past year, or other circumstances, is intensified to a greater degree and we remember with a heavy heart those who are not with us now to share the festive season. It is difficult, very, very difficult, and it highlights the importance of cherishing and enjoying the company of those still in our lives, and that's what keeps us going. Those unique and wonderful happy memories which we experienced help us along the way and it does get a little easier over time, however there is always that grief which lives in us forever.

Christmastime has, due to commercialisation, extended greatly over the years and no doubt in a short time the shops and stores will open for business on Christmas Day. There have also been many changes regarding the manner we decorate our homes for the festive season, especially the exterior decoration which was unheard of in past times. Holly, Ivy and the Christmas Candle were the customary and very often the only form of decoration back then. Locating a holly bush with lots of berries was considered to be a sign of good luck but such would be identified well in advance and the best spots in Glounthaune were at Rockgrove Wood and at the rear of Hegarty's old ruined cottage opposite "Sleepy Rock" on the Caherlag Road. The Christian meaning of holly is that it sprang from the footsteps of Christ as he walked the earth, and the prickly pointed leaves were said to represent the crown of thorns he wore while on the cross, with the red berries symbolising the blood he shed. A sprig of holly was placed over each picture, mirror and mantelpiece in the home. The Christian meaning of ivy, and there was ample availability in Glounthaune, is that it has to cling to something in order to support itself as it grows, and this is a reminder that one must cling to God for support in life. One of the most

beautiful and well-observed traditions is the Christmas Candle. The candle, then purchased at Donnelly's or Fitzpatrick's shops, red or white in colour, was placed in a narrow neck vase, yes there were always vases in Glounthaune, and red crepe paper was wrapped around the base. It was positioned inside one of the front windows of the home and was first lit, usually by the youngest child, on Christmas Eve. Who remembers the rhyme? "Candle, candle, burning bright, on my windowsill tonight, lead some weary traveller here, that he may share our Christmas cheer". The candle was not extinguished before midnight and if there was a "Mary" in the home; she was the person to do so, otherwise another person was nominated. The Christian meaning is that it is a symbol of welcome to Mary & Joseph as they travelled looking for shelter on that night long ago, and the lighted candle also served as a beacon for the lonely and homeless wayfarers. It also indicated a safe place for priests to celebrate mass because this was prohibited during penal times. The home decorations remained in place until January 6th. and in fact it was considered bad luck if they were removed before then. Christmas trees and cribs are popular now but only a few homes in Glounthaune had such in former times. There was a crib in the church which was "erected" in about fifteen minutes! The work entailed carrying the figures from storage at what was known as "The Loft", located above the sacristy, and placing them on the raised marble surface at the southern side-altar. It was probably the first walk-in crib in Ireland and it is noteworthy that two nuns from the convent in Carrigtwohill made the annual pilgrimage to it on foot as they were struck by its simplicity! Everybody gave the Postman, the Milkman and the Breadman a "Christmas Box" and whilst it is regrettable that the latter two are now surplus to requirements let's hope that our Postmen are not forgotten, even if only to continue the tradition and they would certainly agree with that! Incidentally the term is derived from the custom in past times whereby the gentry gave presents to their servants at Christmas and same were given in small boxes which became known as "Christmas Boxes". Also, St. Stephen's Day, which commemorates the first Christian martyr, is called "Boxing Day" in some countries, and the reason here is that in bygone days donation boxes were left in churches and were opened on December 26th. and the money therein was divided amongst the poor. One person who has experienced poverty at first-hand is Rev. Monsignor Ó' Callaghan who is presently A.P. of the Kilmurray and Ovens-Farran parishes. In 1965 - this year is the golden jubilee anniversary

- he was one of the four founding Fathers' of the Cork & Ross Peru mission and he served there until 1971. He returned to Peru in 1978 where he spent seven years and on his return in 1985 he was appointed curate, and then P.P. of Glounthaune, where he served until he was designated P.P. of Bandon in 1992. Thirty years have elapsed since his appointment here, and that was the year the eighth edition of the Glounthaune N.S. magazine was published. It contained an article by Fr. O' Callaghan entitled; "Christmas in Peru" and it gave a descriptive insight on how Christmas is celebrated in a shanty-town on the outskirts of Trujillo, which is situated on the Pacific Coast in northern Peru and is the country's third largest city. The following is an extract. QUOTE: Daddy, Mammy and the children gather around the crib every night and they sing carols. Daddy takes up the Baby Jesus on Christmas Eve and puts Him in among the herbal moss called "Chupalla", which would have been gathered from the mountain-side, or if affordable on painted cement bags. On January 13th. the crib is put away until the following year. Children form groups called "Pastores" or "Shepherds". They go to the church and after midnight mass sing carols while dancing in front of the crib. Maybe six or seven such groups will come and each in turn will sing and dance, which is a tradition they brought with them from the hills where they once lived. They did not have any mass while there but they did have the crib and the shepherds. They sing and dance along the street and as they pass by they praise the Child Jesus lying in the less humble cribs. The traditional Christmas meal takes place at midnight or after the midnight mass. It consists of a chocolate drink and a piece of barm-brack cake. Daddy will sit down with the children and tell them stories of the good times that they had long ago. He will tell them about Bethlehem, the Nativity, the Shepherds and the Wise Kings. He speaks with special love about Mary, the mother of Jesus. You see, they all love the Blessed Virgin and have a statue of her in their homes. Then, all together, they sing Christmas carols. They love singing; it helps them forget their sorrows and poverty and they like to sing all the hymns at mass. Maybe it is because they are poor themselves that they love Jesus so much. Many Mammies and Daddies have not enough money to buy the chocolate or the barm-brack. Instead, they make milk and a few buns for themselves from milk powder that they get from the parish priest. He distributes a few pounds of milk powder and flour to the very poor. The Parish Office is a very busy



place for the two or three days before Christmas; the community women come and make the chocolate drink. The priest buys the chocolate and some sweet buns for the poor, and each gets a little ration. All the parish groups; the Legion of Mary, the Confraternities and the Gentlemen, enjoy the cup of chocolate and the buns. It is not nice to be poor but in their own way they are happy. They are very like Jesus, Mary and Joseph. They were poor too and did not have anything for Christmas. Indeed some of the houses that the poor live in today are very like the stables of long ago. The midnight mass is always lovely. The people are so happy, praying, singing and praising God. Huge numbers go to confession at this time and receive Holy Communion. The "peace" sign is exchanged during mass and after mass everybody embraces and wishes each other a Happy Christmas. The priest too is not forgotten as he receives the embrace from all. When times were good all the family members who could do so, came home for Christmas. Now it is different as it costs too much, and besides, there is not enough for those who are already there. Finally, we come to those who have plenty, but they are very few now. For them, it is almost like the Christmas we have here at home. They go to town, do their Christmas shopping and send Christmas cards to their friends. They go to mass on Christmas night and when they come home they sit down to a meal of turkey, ham and all the other good things. However it must be said that they remember their less well-off brothers, and send them gifts of food and clothes. May God bless them and all of you this Christmas, and give them and you every blessing during the year. UNQUOTE. Well, many changes have occurred in the interim thirty years not least the fact that the "Los Padrecitos", as they were known locally, have returned home because the Cork & Ross Peru mission closed in 2004. Incidentally the number enrolled at Glounthaune N.S. in 1985 was three hundred and thirty eight, and remarkably this comprised of an equal number of boy and girl pupils.

Nollaig Shona agus Athbhliain faoi Mhaise Daoibh go l ir.
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Charlie Wilkins

DECEMBER GARDEN 1

There are patches of dag in the fields now, and massed mists across the low Glanmire suburbs of Cork dissecting the trees and imposing a dripping silence. From high up, these look like rivers of white, flowing and moving and spilling into every crevasse and dip. Welcome early December! Winter can be long, bleak, and utterly miserable, and for many gardeners there's little in the garden to tempt them away from the fireside. Many of course will have been sated by summer and autumn's generosity and so they allow themselves and their gardens a winter break while concentrating on other, indoor pleasures. I can't say I blame them! But anyone who abandons the garden altogether during winter can hardly be called a gardener can they? And yet, even planning a 'better garden' in these short pinched pays handsome dividends.

The fact that gardeners start all over again year after year may seem (to those who do not indulge in this purest form of art) to be boring, repetitive and a waste of time, but nothing couldn't be further from the truth. The passing of spring, summer and autumn, has allowed us time to gently forget the endless succession of delights during the past twelve months, and now we look forward with anticipation to meeting old friends once the New Year commences. Memory will allow us to remember their names, but will you still be familiar how silky smooth petals are to the touch, how intense their hues when back-lit by strong sunlight, how wonderfully intricate their construction and stance, and how appealing their perfume? I hardly think so, for the gradual metamorphosis of one year into another plays funny tricks on the mind and the memory. Whether or not this is true is

DECEMBER GARDEN

arguable, but whatever lies in the depths of our spirit, we do like to be constantly reminded as to how things were.

As winter cold and wet will assuredly follow Christmas be aware that gentle stirrings beneath the soil will continue and many early signs of growth and change (even now) will become evident. Gardens are always changing and maturing and no two years are ever the same. The dreams of one year become the reality of another, and even now, as we look dolefully out on the soggy ground, new schemes are being planned and visions of frothing colour and intoxicating scents fill our minds-eye. No-one says it is going to be easy and straightforward for these changes will require patience and dedication, a little slogging now and again coupled to aching backs and tired muscles. Your nails are going to get filthy, your fingers roughened and torn but you can and you will, fashion that master plan. Keep working I urge you at this most accessible of all the fine arts. A Happy Christmas and New Year to all GRA readers.

DECEMBER GARDEN 2

BRAVERY; much is made nowadays of the merits of a garden for winter (if not for all seasons) a fashion which more should aspire to. One flower in winter is certainly worth more than a dozen in summer, and any plant which applauds the vigour of a determined December or January dawn is to be treasured. Winter may be lesson about the fine art of loss and growth but we should all find a place for such wonders as the evergreen winter iris. The variety 'Walter Butt' or 'Mary Bernard' may never give a blaze of colour like a bright indoor fire for their pleasures are quiet yet none the worse for that. Their ability in being able to rise above their dismal setting between now and late February is their highest attribute, for they will surely be challenged and hampered by a mood in the garden which I can only describe as depressing winter drip. Even the witch hazels cannot shake it off. Their majestic wonder however is their ability to keep our interests from stagnating as winter rages through the dark empty garden.

These Algerian irises always put in an appearance in the most inclement conditions, braving as I have outlined, the combined elements of cold, wet and low light levels. You notice first the tightly rolled buds deep among the slightly ragged, tough, grass-like evergreen leaves. These unfurl to appear as beautifully large blooms (three to four inches across) pale lavender blue in colour with lines of yellow on the falls that seem much too delicate to open at such an inclement time of year. Moreover, they're sweet-smelling in flower much like the better forms of spring crocus, and go on appearing intermittently all through the darkest months.

Ideally, this iris should be grown at the base of a sunny wall in sharply draining neutral or slightly alkaline (limey) soil. If you know someone with any variety you might perhaps beg a bit now for it divides easily and recovers from the disturbance provided the soil is not frozen or waterlogged. Some of the bigger garden centres should have some of these irises in stock, but if not, search around for it is available and certainly worth having. Please note that the plant may grow in an untidy manner for much of the year but during the period early winter right through to spring it will give magnificent blooms with a super scent and be your star attraction for weeks and weeks.

Winter, as outlined above can be very bleak and for many gardeners there's little in the garden to tempt them away from the fireside. You might however, be tempted to venture out to inspect this winter wonder. ENDS

MISTLETOE; indoors, where warmth and light reign supreme the ancient plants of winter-time; the ivy, the holly, and (nowadays) the spruce Christmas tree are displayed and enjoyed as fresh evergreen decoration, but what has happened to the strangest yuletide plant of all? I refer now to mysterious mistletoe. At this time of the year it can be bought in some of the larger supermarket outlets sporting little grey-green leathery leaves made of the same material (or



Despite the fact that the Algerian iris has untidy and rather shabby foliage, its blooms are of the highest order; colourful, scented, and wonderful for winter cutting. Display these in a glass vase to emphasize the nakedness and purity of the blooms.

so it seems) as their soft pliable stems. The white berries, transparent almost are sparse and milky looking, not at all like any of the berried plants so prominent and evident at the moment. Even abroad, where it grows on apple, lime, poplar, and whitethorn trees, it looks weird and wonderful. Strange how the growths neither hang down or stand upright. It possesses a stance and attitude stronger than common ivy, yet lacking the strength of even the most weak-stemmed shrub. No wonder the Druids believed that mysterious mistletoe had magical qualities, and used it as a protection against evil and the wiles of witches.

NEIGHBOURS; we may be approaching the season of goodwill, but according to a survey I read some time ago, almost a third of gardeners pour scorn on their neighbours' efforts! Although a small percentage of those interviewed admitted that their own patch was a disaster, almost half blamed their neighbours for weed infestations and other acts of annoyance. They blame those next door for the leaves that blow in on the wind, the shade their trees and hedges cast, the 'overhangs' they have to control, even the view they would like to have were it not for this, that, and the other, in the garden next door.

The survey has almost exploded the myth that gardeners, unlike the rest of humanity, are exceptionally friendly and co-operative. I stress the word almost, for thankfully I have never had a problem with my neighbours. ENDS



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5. Do you eat when you are stressed, tired, bored, lonely, upset, etc?
 * HAPPY SHAPE will show you how to cope with your emotions & daily challenges without food!
6. Do you feel trapped in vicious cycle that seems impossible to break?
 * HAPPY SHAPE will show you how to put an end to it once and for all & teach you how to get YOUR Happy Shape!
7. Do you feel alone and that no



one understands?

* HAPPY SHAPE groups will be supportive, encouraging, empowering, fun and you will not be on your own!

My approach will take you far beyond anything you have tried before; if diets have not worked for you up to now, then they NEVER WILL. I believe SUCCESSFUL weight loss is NOT JUST about what you eat. If the above reasons make sense to you, then come along to my HAPPY SHAPE class and see how it can help you.

Classes be held on Thursdays, from 7.30-9.00 pm at the Riverstown Community Ctr. Registration is €20 and weekly meetings just €10.

REGISTER TODAY AND GET YOUR 1ST CLASS FREE. Call or text Catherine on 0871770804 to register. Follow facebook page HAPPY SHAPE Groups for venue details. Register now and take the first step towards YOUR Happy Shape!

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Christmas Ceili Mor

Wednesday 9 th Dec @ 9pm
 At Upper Glanmire Community Hall
 Admission €10. / Teas served
Music Ger Murphy & Ken Cotter



Erins Own Hurling & Football Club

Caherlag, Glounthaune, Cork.

Erins Own December Newsletter

Lotto Results Wednesday

18/11/2015: One winner this week Hugh Byrne well done, numbers drawn were 5,8,11 & 12, €30 to Collette McNamara, Kay Byrne & Angela Murphy, Next weeks Jackpot is €1,000

Tickets can be bought from any member or you can know play lotto on line through the clubs website- www.erinsowngaa.ie, Thanks to all those who support our clubs lotto.

Club Shop: The shop will be opened on Saturday 10am to 12pm & Sunday 11am to 12:30pm, any

queries or questions on stock or orders just drop an e-mail to Dara at erinsowngaaclub@gmail.com or phone or text Michael on 086 8699145 or Kieran on 087 7787759

Strictly Erins Own was the clubs main fundraiser for the year, it was held in the Radisson Hotel Little Island on the 7th of November, with almost a thousand people present on the night, it turned out to be a fantastic night, the club would like to thank all the dancers the committee our Sponsors to all the people who turned up on the night & to anyone who helped along the way in making Strictly Erins Own a huge success.

Erins Own Christmas Draw will

take place this year in The Great O'Neill bar Glounthaune on Sunday the 20th of December at 6pm all welcome.

The Erins Own Puck Fada will take place this year on Sunday the 27th of December at 12:30pm, Starting point will be at Glenmore stores & will finish in Knockraha village, prizes will be presented afterwards in O Donoghue's Bar, all adults & children are welcome to take part in which always turns out to be a great day out.

Erins Own would like to wish all there members, players & supporters a Happy Christmas & a prosperous new year.

ERINS OWN HURLING AND FOOTBALL CLUB Christmas Draw 2015

1st Prize €500 Erins Own Club

1 st	€500	Erins Own Club
2 nd	€250	Welcome Inn
3 rd	€100	M. O'Connor Motor Factors
4 th	4 Ball Golf Voucher	Cork Golf Club
5 th	Hamper	Member
6 th	€100	Sean Clohessy Engineering
7 th	€100	Supervalu Voucher
8 th	Lunch Voucher - €35	Radisson Hotel
9 th	Phone Arm band	OtterBox
10 th	Five Bags Of Coal	Southern Fuel Supplies
11 th	€50 Voucher	Glenmore Stores
12 th	Bottle Brandy & Whiskey	Member
13 th	€50	Hillside Electricial
14 th	€50 Voucher	O'Neills Sports
15 th	Gift	Ann O'Keefe
16 th	Voucher	McCarthy Sports
17 th	Bottle Of Spirts	The Widows Bar Glanmire
18 th	Meal Voucher	The Rising Tide Glounthaune
19 th	Return Tickets For Two	Bus Eireann
20 th	Product Hamper	Vibrance Hair
21 st	Christmas Cake	Member

Draw will take place in The Great O'Neill Public House Glounthaune
Sunday 20th Of December at 6pm

€2.00 per ticket or 3 for €5.00

Permit Granted



Winners of Strictly Erins Own 2015
Trish Murphy & Emmett Quest



Niamh O'Keefe & Michael Leahy at
Strictly Erins Own



Dance Partners Marion Murphy &
Liam O'Connell at Strictly Erins Own



Dance partners Joan Power & Declan
Spillane at Strictly Erins Own



Group Picture of all the dancers of Strictly Erins Own 2015



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GACA NEWS

Rooms to rent at GACA, Riverstown Community Centre


We have rooms available to rent with 

For classes/events/meetings/cards/games or parties

Parish Room	€15 per hour	(room size: 21ft x 16ft)
Hall / Room 1	€25 per hour	(room size: 54ft x 22ft)
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Minister of State Dara Murphy with Garda Noel Fitzgerald and Sargent Seamus O'Sullivan



Out going Chairman Mr. Nick O'Brien congratulating incoming Chairman Kevin Tobin.

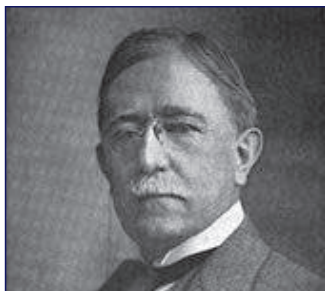
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THE FRUIT & VEGETABLE SHOP

COMMUNITY ASSOCIATION PUBLIC MEETING

Monday 14th December at 8.30pm
in Riverstown Community Centre - All welcome



Nollaig 2015

Nuala Ní Loingsigh

Táimid ag druidim leis an Nollaig arís agus braithim gur ar éigean a bhfuil dhá mhí dhéag imithe arís. Is deacair rud éigin nua a rá faoin séasúr seo bíodh gur mó duine a scríobh gearscéalta, cuntas óna dtaithí féin agus filíocht mar gheall air.

Is féidir a rá go bhfuil smaointe láidre éagsúla ag an bpobal. Is minic a deirtear “níl atmaisféar na Nollag ann i mbliana” agus deirtear é seo gach bliain. Cén bhliain a raibh fíor-atmaisféar Nollag ann? Tá daoine eile a deirtear “níl an Nollaig ach do pháistí” agus nuair nach bhfuil Santa ag teacht sin deirteadh leis.

Do dhaoine a bhfuil gaolta acu thar lear, is iontach an ócáid é iad ag teacht abhaile. Chuirfeadh sé aoibhneas ar éinne breathnú ar an teilifís agus iad ag bualadh lena muintir ag an aerfort agus gach éinne lán de ghliondar. Deintear athnuachan ar chaidreamh idir lucht an teaghlaigh a dhlúthaíonn an gaol eatarthu. Gan dabht, tiocfaidh lá a bhfillte agus beidh sé brónach, gan amhras, ach fós beidh sásamh pearsanta bainte as an tsaoire.

Deireann daoine áirithe a bhfuil staidéar déanta acu ar na nithe seo gurb í an Nollaig an t-am is uaigní sa bhliain. Cuirtear béim ar bheith mar bhall de theaghlach idéalach agus muna bhfuil sé sin ag duine seans go mbraithfidh sé/sí easnamhach agus brónach. Tá an Nollaig dian ar lánúin atá scartha nó ag fulaingt in aon tslí, gan rudáil a bheith ina gceart don Nollaig. Is saghas buaicphointe é chun machnamh siar ar an mbliain atá thart agus féachaint i dtreo na todhchaí. Bíonn sé deacair dul i dtaithí ar an gcathaoir fholamh, má tá duine den teaghlach in easnamh. B'fhéidir mar sin gur fiú breathnú ar an gcroí Nollag, croí na féile. Is pictiúr é de theaghlach bocht simplí le leanbh nua-shaolta. Nach gcuireann sé áthas

ar éinne leanbh neamhurchóideach a fheiscint le lánúin shona? Ceapaim gur fiú machnamh a dhéanamh ar an main-séar agus ar an scéal atá os ár gcomhair. Mar Chríostaithe, gan dabht, creidimid go bhfuil Dia in ár measc, Emmanuel. Ach gan chreideamh, fiú, tá fiúntas sa mhainséar agus chuirfeadh an radharc duine ar a shuaimhneas.

Nuair a smaoinímid ar scéal na Nollag agus nach raibh áit le fáil ag Muire agus Iosaef ach cró, léiríonn sé doicheadh an chine dhaonna. Ag an am seo bíonn eagraíochtaí carthanachta an-ghníomhach ag iarraidh airgead a bhailiú i gcuimhne ar scéal an teaghlaigh naofa gan dídean. In ainneoin an méid airgid a chaitear ar earraí nach bhfuil ag teastáil, bíonn muintir na hÉireann an-fhlaithiúil leis na bailitheoirí éagsúla. Spreagann spiorad na Nollag daoine a bheith fial, go mór mhór leis na bochta. Ciallaíonn an focal ‘déirc’, Dé-shearc – grá Dé. Léirimid ár meas ar Dhia sa tslí ina ndéileáimid leis na bochta.

In ainneoin na lochtanna ar thréimhse na Nollag agus caitheamh airgid agus cur amú airgid, is álainn an séasúr é. An raibh gliondar na Nollag ort, is é sin dóchas? Go raibh spiorad na Nollag agat, is é sin go raibh an tsíocháin agat. Go raibh croí na Nollag agat, is é sin an grá. (Ada V. Hendricks [aistriú])

Is aoibhinn an séasúr a spreagann daoine le grá dá chéile. (Hamilton Wright Mabie)
Go raibh Nollaig thaitneamhach shíochánta agaibh go léir, a léitheoirí.

Gluais:

éagsúla = various
fíor-atmaisféar = a true atmosphere
athnuachan = renew
caidreamh = communication
sásamh pearsanta = personal satisfaction
is uaigní = loneliest
teaghlach idéalach – ideal family
easnamhach = wanting
buaicphointe = high point
an todhchaí = the future
deacair = difficult
dul i dtaithí = get used to
in easnamh = missing
neamhurchóideach = innocent
Emmanuel = God with us
fiúntas = value
doicheadh = lack of welcome
an cine daonna = the human race
i gcuimhne = in memory of
dídean = shelter
in ainneoin = in spite of
ina ndéileáimid = dealing with
lochtanna = faults



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Simon Currabinny Christmas Eve Swim

Take the plunge from the pier at Currabinny on Christmas Eve!

The swim takes place at on December 24th at 3.30pm.

Sponsorship cards are available from Kerry in Cork Simon on 4929410 or kerry.macmahon@corksion.ie.

Whitebay Christmas Day Swim celebrates 22 years on the go this year. Organised each year by dedicated volunteers, Caitlin Ní Lordain and Gabriel Cotter, this refreshingly fun event attracts people from far and wide. The swim takes place on December 25th at 12 noon sharp.

Sponsorship cards are available from Kerry in Cork Simon on 4929410 or kerry.macmahon@corksion.ie.

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“Seeing people achieve their goals is job satisfaction at its best”

Slimming World consultant Lorraine Healy-Horgan has always wanted to be the owner of her own business and when she joined Slimming World, her weight-loss journey was the answer.

“I was always on the look-out to run my own business and it seemed like a great opportunity to combine my weight-loss journey with a new career,” said Lorraine.

“By going through my own personal journey, especially when nothing worked before I found Slimming World, it felt so good after losing weight that I wanted to share this feeling with everyone else.”

Lorraine is now the Slimming World consultant for the thriving Ballyvolane group which meets four times on Mondays: 9.30am, 3.30pm, 5.30pm and 7.30pm. With the success of these Slimming World groups, Lorraine took the plunge this month and set up a second location in Glanmire, meeting on Saturdays at 9.30am, at the Glanmire Football GAA Pavilion.

“Members are loving the plan and lose an average of a stone in just four weeks. So, the opportunity came my way to open a brand new Saturday morning group in Glanmire, which I grabbed with open arms, being from the area.”

For Lorraine, meeting people on a daily basis with a similar weight journeys inspires her to be the best Slimming World leader she can be, making sure every single member is getting the right attention and support.

“I find by helping and understanding these people's needs and goals, it reminds me of my own struggles. Not only can I sympathise with these people, but I can empathise as I once was where they are now. The job satisfaction of seeing people achieve their goals and liking themselves is job satisfaction at its best.”

The fact that Lorraine can personally empathise with her members is the most important factor to her group. Her belief in the Slimming World journey has earned her a job she loves, her health and well-being and a listening ear, which sometimes is greater than having all the answers. “I have gained the confidence to stand in front of people, something I would have shied away from, before this. My journey has taken me from being addicted to junk food to a place that I can now relay to people that they can break this vicious cycle,” she said.

If you would like more information about the Slimming World Ballyvolane or Glanmire group,

Call Lorraine on 085 1931790

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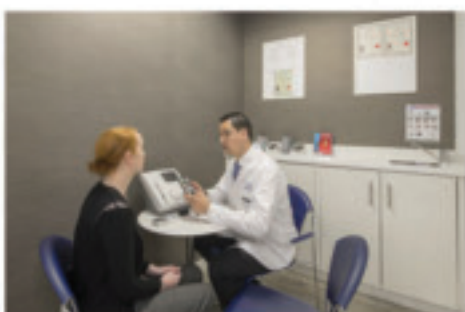
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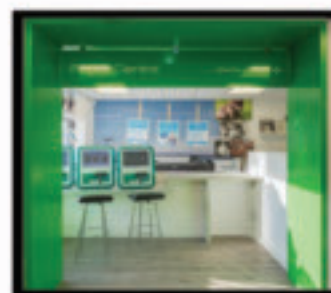
On 1st December 2015 Pharmacy First Plus merged its two pharmacies in the Glanmire area. Pharmacy First Plus will now operate solely from Hazelwood Shopping Centre in Glanmire.

Keith O'Hourihane, Superintendent Pharmacist, explains since 2005 we have operated from two premises in the Glanmire area, Pharmacy First Plus Riverstown and Pharmacy First Plus Glanmire. We are delighted to merge the two into one fantastic pharmacy in the Hazelwood Shopping Centre. Our team from Riverstown, Fiona, Norma, Cormac, Eileen and Mary are moving too. Now that we have one large pharmacy in the Glanmire area we will expand the services we offer to the people of Glanmire and the surrounding areas.



Fiona O'Mahony, Managing Pharmacist stated, "My team and I look forward to providing services such as our specialist care home service, prescription scheduling, prescription delivery, prescription collections from GP surgeries, cholesterol testing, diabetes clinics including HbA1c monitoring and flu vaccinations to name a few."

Jamie, Photo Centre Manager at Pharmacy First Plus Glanmire said, "the all new Pharmacy First Plus Glanmire team look forward to providing services and solutions to all our corporate and personal print gift customers, especially over the Christmas season. Print online at fujipix.ie, on mobile with the Fujifilm Imagine App or just call in and ask me to help with whatever you'd like to do"



Maureen and Liz, Clarins Experts are really excited about the fabulous Clarins Christmas gifts that have arrived instore. Maureen commented, "It has been a fantastic year for Clarins so far and I am looking forward to providing an exceptional customer service to all our Clarins clients again this Christmas."

Keith, Anne, Michael and the entire team at Pharmacy First Plus wish all our patients and customers a very Merry Christmas an a Happy & Healthy New Year for 2016



Pharmacy First Plus Glanmire, Hazelwood Centre, Glanmire
Phone: 021-4822412 Email: glanmire@pharmacyfirstplus.ie



WHITE'S CROSS GAA NEWS

<http://whitescross.gaa.ie>

White's Cross 0-11 Passage 0-10

White's Cross Junior A Footballers rounded off their season with a one point victory over Passage in the Junior A Football League Final played at Ballinlough on Sunday, November 22nd. While the manner of this victory would raise some questions, as the side coughed up an eight point lead to win 0-11 to 0-10, it matters little as the record books will show the Cross as victorious! For the time of year, and given the fact that the A hurling equivalent had acted as a curtain-raiser to this encounter, the pitch at Ballinlough was in very good condition. White's Cross totally dominated proceedings throughout the first half and had the unusual distinction of keeping their opponents scoreless in the first half – leading 0-8 to 0-0 at the short whistle. Huge credit must go to young Cillian Ryan who put in a man-of-the-match performance in this opening half from his wing back berth – however an injury picked up as he intercepted a Passage attack for the umpteenth time before the break meant he did not reappear for the second half.

Invariably Passage rallied after they had drawn their breath at the break and came at the White's Cross defence incessantly throughout the second period. Indeed it looked late in the game that White's Cross would rue a number of clear cut goal chances they had failed to convert when they had been coasting earlier. However some last ditch defending by Eoin Murnane, Kevin Buckley and Murt Kelleher meant that a fine point from Brendáin Murnane 52 minutes in proved a winning score for White's Cross.

In his post match speech Kevin Buckley

paid tribute amongst others to selectors Paudie Curtin, TC Buckley, Anthony Kelleher and had special praise for Mitchell O Leary for his outstanding work as coach to the team for 2014 and 2015.

Team: Michael Osborne, Sean O Gorman, Eoin Murnane, Cormac Manning, Cillian Ryan, Kevin Buckley (captain), Martin Reid, Murt Kelleher, Conor Buckley, Dylan Burke, Edwin Buckley, Brendáin Murnane, Sean Murnane, Bryan O Sullivan, Donnacha Murnane. Subs: Cian Smith for Ryan (inj.) 30 mins; Kevin Fennessy for S. Murnane 42 mins.; John O Connell for Burke 51 mins.; Eoin Whooley for Kelleher (black card) 57 mins.; Billy O Hara; Aidan O'Neill; Richard Sherlock; Niall Twomey; Don O Connell & Conor Kelleher.

Ideal Stocking Filler

Comhgairdeachas le Mary White of Ballyphilip, White's Cross, whose book entitled 'Relentless' has been listed as a contender for the Setanta Sports Book of the Year 2015. Relentless tells the story of the rise of Cork ladies football over the past decade - from having never won a senior title in the county's 31-year history of the sport, to winning 10 All-Ireland titles in 11 years.

Mary is one of the leading women's sports journalists in the country. She has represented her county in three different sports – ladies football, basketball and soccer – while also representing Ireland in tag rugby. With her sister Susan as captain, Mary was part of the Rockbáin ladies football team that won All-Ireland titles at Junior and Intermediate level in consecutive years in 2001 & 2002, in a team that also included other White's Cross ladies: Elaine Harte, Michelle Whooley,

Julian Hayes and Lillian Whooley. Of course, now that White's Cross GAA has founded its own ladies football club in the past couple of years, the hope will be that the heights reached by these local lasses will be matched by our own ladies club in years to come. In fact Mary's family business Salon 33 came on board as the very first sponsors of our ladies teams. Mary's book is now on sale in all good bookshops - an ideal gift for all Cork Gaels this Christmas.

Juvenile Celebration

White's Cross Juvenile GAA rounded off another very busy year of playing activity with an end-of-year celebration at the Vienna Woods Hotel, Glanmire on Sunday, November 22nd. As always a very large crowd attended to see the efforts of all our boys and girls spread across the ages of 4 to 18 years applauded. Guest of honour on the night was Cork hurling star Daniel Kearney, who presented the medals and trophies to all the worthy recipients. Chairperson of the Juvenile Club Mike O Flynn addressed the large gathering and paid tribute to all the Club Volunteers who had put so much time and energy into the running of the teams in White's Cross across all the ages – 2015 saw more teams fielded across the ages, codes and genders than ever before in the Club. Mike also thanked the parents and families of our young players for the support and encouragement they have given to White's Cross in 2015.

A surprise was in store also for two of the adult members in the Club with Special Awards presented to club stalwarts Pat O Callaghan and Seamus McCarthy, in recognition of the outstanding behind-the-scenes work they have done for the betterment of the Juvenile Club in the

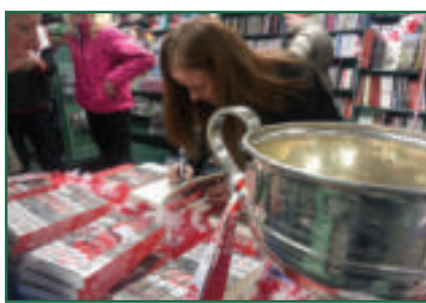
past number of years. Both of these men have spent endless hours above at the Club's Grounds toiling with all the various developments that have been ongoing there – be it the walkway, the hurling wall, the astro-turf pitch, the additional dressing-rooms, the ball-nets, the outdoor gym equipment, the benches and other seating – none of these would be what they are today without the gigantic work of this pair. Moreover, when it comes to the small projects that make all the difference – be it painting, plumbing, scrubbing, strimming, cutting, growing, washing, cleaning, sowing – the handprints of Pat and Seamus are all over these jobs too. Fair play to you lads from all in the White's Cross GAA Juvenile Club – it is greatly appreciated agus lean ar aghaidh leis an dea-obair.

Christmas Draw 2015

Tickets for the White's Cross Annual Christmas Draw are now in circulation, and as always offer excellent prizes. This draw, along with our Club Lotto, are our main annual fund-raising activities and thus we are grateful to our many kind sponsors. Without their support and obviously the support of those who buy these tickets we would find it extremely difficult to run our club. Anyone who has visited our grounds in the past couple of years will agree that there have been very significant improvements. You will be hard pressed to find a better annual raffle this Christmas costing just 2 euro per ticket or 6 for 10 euro – with a 600 euro first prize and over 60 prizes in total. The draw will take place at the venue of the draw's main sponsor, the Stirrup Bar, on Monday December 21st. Thanks to Eileen and Michael Hennessy for their continued generous support.



U10 boys -The White's Cross Under 10 boys pictured, with their coaches Nick Harden and Simon Buckley along with guest of honour Daniel Kearney, having received their medals at the White's Cross GAA Juvenile Celebration at the Vienna Woods Hotel.



Congratulations and best wishes to Mary White from Ballyphilip, White's Cross whose book Relentless was launched recently – here Mary is pictured at a book signing in Liam Russell's Bookshop – also in view is the Brendan Martin Cup, the ultimate prize in Ladies Football



JAFL winners - The White's Cross team celebrate having defeated Passage in the 2015 Junior A Football League Final played in Ballinlough on Sunday, November 22nd.



White's Cross GAA Juvenile Chairperson Mike O Flynn presents Pat O' Callaghan and Seamus McCarthy their awards in recognition of their outstanding contribution to White's Cross GAA at the Vienna Woods Hotel.



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Mon 21st Dec-Wed 23rd Dec 10am -4:30pm, Thur 24th Dec - Mon 28th Dec Closed Tue 29th Dec 10am-4:30pm
Wed 30th Dec Closed, Thur 31st Dec 10am-4:30pm, Fri 1st Jan Closed, Sat 2nd Jan 9:15am-12:45pm
Little Island Office Sat 2nd Jan 9:30am - 12 noon

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NEWS FROM THE HILL

WATERGRASSHILL COMMUNITY ASSOCIATION

Our annual Christmas Fair 2015 Kicks off on Saturday 5th of December with the switching on of the Christmas Tree Lights in the village green after 7-30 mass. This year the lights will be turned on by the Cork County U21 Hurling Champions Watergrasshill. The Tree will be Blessed by Fr Donal Cotter.

After the lights are turned on we have a very special Country Christmas Night in the First Fruits Arts Centre with Louise Morrissey, Ryan Turner and Gary Gamble (Daniel O'Donnell Tribute)

On Sunday morning after 11-30 mass we have our annually Christmas Fair. With loads of stalls from bric a brac to local vegetable stalls, Blocks, raffles, face painting, cake sale and games galore.

Santa himself will be arriving with loads of presents for the Girls and Boys. Why not drop in for a cuppa and a scone?

A Special Guest will attend this year's Fair. The greatest Manager of all time Mr Eamon Ryan and the Ladies Football Team will attend the WATERGRASSHILL COMMUNITY ASSOCIATION Christmas Fair on Dec 6th. A Hugh warm welcome is expected



Greg Foley
Kealville, Bishops Island, Watergrasshill, Co. Cork

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GLANMIRE PROPERTY MARKET REVIEW 2015

Joe Organ Auctioneers - By Joe Organ

Before new mortgage rules came into effect there was an increase in property deals in the 4th quarter of 2014 (October, November, December). This was due to the fact that purchasers who were navigating the mortgage process (and were approved in principle with a full credit assessment) were likely to avoid the new lending rules.

Starting 1st Quarter of 2015 (January, February, March), the market was unsure how to react to the new mortgage legislation but then adjusted accordingly. It then became apparent that the new mortgage rules were likely to effect the Dublin market more, and have less of an impact for the moment on the Cork market.

First time buyers seeking to buy a property for €220,000 were required to pay a 10% deposit (€22,000). First time buyers purchasing a property for €300,000 now were required to pay a 10% deposit on the first €220,000 (€22,000), plus another 20% of balance €80,000 (€16,000).

Who's buying what type of property in Glanmire
Investors are snapping up properties from apartments (€125,000 - €150,000) to 3 bed semi-detached properties up to a cap of €255,000 in order to get a good return. Investors have told us that other areas in the city and environs have become too expensive and feel Glanmire is the next area of choice.

First Time Buyers - have different budgets depending on income. Generally the newer 3 bedroom semi-detached properties in key estates are selling from €215,000 - €260,000.

First Time Buyers with a bigger budget are going for 4 bedroom detached properties in well established estates paying between €300,000 and €355,000.

Trading Up purchasers are looking to buy detached houses in the Glanmire area from €200,000 - €450,000 (properties that might need some upgrading). Those purchasers with bigger budgets are spending in excess of €500,000. These purchasers are looking for a modern house, with a large sq. footage, on a nice sized plot, with minimal upgrades to be done to the property.

Rental Situation

Glanmire's rental situation is worse than last year with very few houses/apartments coming onto the market. Glanmire is suffering from the same rental crisis that is gripping the rest of the country. The demand is very high and supply is just not there. Our rental waiting list is soaring and families, couples, singles are desperately trying to secure a property.

Outlook for 2016 Housing and Rental Market

Property prices will continue to rise due to lack of supply. Some developments may begin in Glanmire next year. More clarity on sites such as the proposed Dunkettle development, and the recent sale of 19.77 acres of land adjoining Glenrichmond, should hopefully be forthcoming and indicate what is planned in terms of supply, density, and housing mix. Sites such as Dunkettle will have a massive impact as the volume of houses will have a dramatic effect on supply.

The outlook for the rental market is uncertain and we must wait and see how the market reacts to the new series of reforms announced by the government to provide rent certainty for landlord and tenants. The first 3 months of the year will inform us what impact the reforms are having and if new accommodation is now becoming more readily available.

Announcements such as 1000 jobs at Apple, the upgrade of the Dunkettle Interchange, and hopefully a company secured for the IDA Ireland's site in Ballyadam, Carrigtwohill, will greatly impact the Glanmire and surrounding property market.

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UPPER GLANMIRE ICA GUILD

Update on Guild activities

At our Nov meeting, Frances Heddigan and Mary Crowley from the Glanmire Heritage Association visited us and Frances gave us a very interesting and informative talk on the various aspects of their work. They have produced some beautiful books on local historical buildings, brochures on local walks, Christmas cards and 'heritage weeks'. We are surrounded by such a rich history!

Members enjoyed dinner in Greene's restaurant on the 4th Nov, and then went to see 'Hung Juror' in the Everyman.

A number of members also attended the Fashion Show in Upper Glanmire Hall on the 30th October, and were joined by members from Carraig na bhFear ICA

December recipe: simple C.mas cake - Ingredients

- 1 lb mixed fruit
- 3 oz mixed peel and 2 oz cherries
- 1/4 pt sherry/ brandy
- 6oz butter
- 6oz soft brown sugar
- 3 eggs
- 6 oz self-raised flour
- 2oz plain flour
- Pinch of salt
- 1 tsp cinnamon

- 2 oz ground almonds

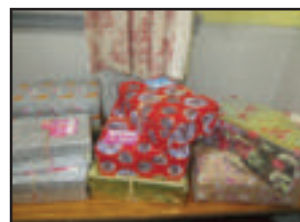
Method

- Soak fruit in sherry for a day or two
- Line an 8 inch round tin with a double sheet of grease proof
- Put a double sheet of tinfoil around the outside
- Beat the butter and sugar until creamy
- Add the eggs and flour, salt and spice
- Fold in fruit and ground almonds
- Place in tin and bake at 160 C, reduce after 40 min to 150C
- Cover with a double sheet of tinfoil, and check with skewer/ needle after an hour
- Cooking time 1h 45 approx
- Allow to cool for a day in the tin



Below: Ann Cashman and Breda Casey at the Fashion Show in Upp Gl.

Frances Heddigan from Glanmire Heritage Association giving us a very interesting Presentation



Some of the Shoe Boxes for the Charity Appeal



Educogym Cork was recently named Cork's Most Stylish Business 2015 at the Hi Magazine awards.

Educogym's atmosphere is like nothing you've experienced before. The focused approach and invigorating exercise produces an environment for success. They have two locations- Penrose Wharf and Glanmire, with a third opening up in Ballincollig this year.

Irene Twohig, director of Educogym Cork, said of the accolade: We are absolutely delighted to be named Cork Most Stylish Business. It is a real testament to the hard work and dedication of our team and the effort they put in everyday.

Pictured Above: The Educogym Cork Team with the Cork's Most Stylish Business Award



Mayfield Community School News



THE SKY'S THE LIMIT FOR MAYFIELD COMMUNITY SCHOOL SCHOLARSHIP WINNERS

Mayfield Community School recently awarded four of its students with the prestigious Maytrust Scholarship in recognition of outstanding academic excellence.

This year's scholarship winners are Fionn Power, Marina Birioukova, Alicia O'Neill and Derek Morrissey.

Speaking ahead of the awards, principal Mr. Kieran Golden said "we are delighted to be in a unique position to be able to offer these scholarships to our incoming students again this year. Mayfield Community School has a culture of encouraging our students to maximise their academic potential and the awarding of the Maytrust Scholarship recognises the

hard work and commitment they give to their studies. Previous students to have benefited from this scholarship have progressed onto a variety of colleges such as UCC and CIT so it proves that the sky is the limit for anybody who puts the work in" he concluded.

Newly appointed deputy principal, Ms. Karen Casey said "we are very proud of our 2015 Maytrust Scholarship recipients and I would encourage any current sixth class primary school student who is enrolled with Mayfield Community School next year to apply for the Maytrust Scholarship in 2016.

Above: Left to right: Deputy principal Ms Karen Casey, Marina Birioukova, Fionn Power, Alicia O'Neill and Derek Morrissey and principal Mr Kieran Golden.



MAYFIELD COMMUNITY SCHOOL SCIENCE STUDENTS ON WAY TO UCC

There were jubilant scenes in Mayfield Community School this week with the news that Atakan Uzun and Dion Downey have both been selected to participate in the highly prestigious Biological, Earth and Environmental Sciences programme in UCC.

Atakan and Dion who are both in Transition Year were selected from students from across Munster.

Speaking about the programme, Simona Paolacci (co-ordinator) from UCC said: "It aims to deliver a comprehensive experience of working in the area of Zoology, Ecology, Geology, Plant Sci-

ence and Environmental Science through a series of lectures and practicals".

Principal Kieran Golden said "this is a wonderful opportunity for our students to discover science in UCC in a structured way. This innovative programme will assist students to get a feel for the sciences and we hope to ultimately choose a future career in this thriving industry. Mayfield Community School has a proud tradition of promoting science and this news is testament to the hard work of our students and staff".

Pictured in photo Rachel Doody (Guidance Counsellor Mayfield Community School), Dion Downey, Atakan Uzun & Kieran Golden (Principal Mayfield Community School



Watched by their team mates at Upper Glanmire NS, captain Amy Cashman and vice captain, Clodagh O'Mahony (who was also celebrating her birthday) jump for joy following their win at the Allianz Sciath na Scol finals at Pairc Ui Rinn. Picture: Mike English

CREDIT UNION ART COMPETITION



The prize giving for the Annual Credit Union Art Competition took place in Glanmire Credit Union on Wednesday 11th November. Tony O'Sullivan, Chairman of the Board of Directors of Glanmire & District Credit Union Ltd was on hand to present the certificates and prizes to the winners. The standard of entries was particularly high this year and there was a huge number of entries from the schools within the common bond.

The Credit Union Art Competition is one of the most successful annual promotions undertaken by the Credit Union Movement. The competition is about encouraging and rewarding self expression, creativity and imagination among young artists throughout Ireland.

A special word of thanks to the parents and teachers who attended the prize-giving and helped the young artists with their entries, without their support and enthusiasm the competition would not be the success it is.

We wish the best of luck to Grace O'Connell, Denise Laceda, Vesta Cimermanaite, Ausleja Bankauskaite, Teagan Collins Dineen, Eineka Okono, Cullen O'Sullivan and James Cogan who progress to the next level of The Credit Union Art Competition.

Art competition winners - 2015

7 years and under:

- 1st Grace O'Connell - St. Joseph's School
- 2nd Ellen Foley - Scoil An Athar Tadhg
- 3rd Marc Looney - Gaelscoil Ui Drisceoil
- 4th Niamh Harden - Scoil Naomh Micheal

8 - 10 Age Group

- 1st Denise Laceda - Scoil Chill Ruadhain
- 2nd Siofra Higgins - St. Joseph's National School
- 3rd Eoin deLacey - Scoil Naisiunta an Chroí Naofa
- 4th Elva Jose - Scoil Chill Ruadhain

11 - 13 Age Group

- 1st Vesta Cimermanaite - St. Joseph's N.S.
- 2nd Louise McCarthy - St. Joseph's N.S.
- 3rd Sarah Islam - Scoil Chill Ruadhain
- 4th Grace Canning - Scoil Chill Ruadhain

Special Category 7 Years & Under

- 1st Ausleja Bankauskaite - Scoil Chill Ruadhain

- 2nd Lucy Goggin - Scoil Naomh Micheal
- 3rd Susie Buckley - St. Michael's N.S.

Special Category 8 - 10 Age Group

- 1st Teagan Collins Dineen - St. Michael's N.S.
- 2nd Aimee O'Halloran - Scoil Chill Ruadhain

11 - 13 Age Group

- 1st Eineka Okono - Scoil Triest
- 2nd Emer Doyle - St. Joseph's N.S.
- 3rd Isaac Power - St. Joseph's N.S.
- 4th Daniel Soden - St. Joseph's N.S.

14 - 17 Age Group

- 1st Cullen O'Sullivan - Scoil Triest
- 2nd Colm O'Mahony - Scoil Triest
- 3rd Luke Moore - Scoil Triest
- 4th Rhian Murphy - Scoil Triest

18 - and over Age Group

- 1st James Coogan - Scoil Triest
- 2nd Paul Cooney - Scoil Triest

Glanmire & District Credit Union Ltd, Crestfield Centre, Glanmire, Co. Cork

Telephone: (021) 4821799 | Direct Line: (021) 4556792 | Fax: (021) 4821562 | Email: d.leahy@glanmirecu.ie

Mumps: making waves after all these years:

Mumps is an uncommon infection, which is caused by a virus. It is quite uncommon nowadays, as the MMR vaccine provides substantial protection against Measles, Mumps and Rubella (German Measles). The mumps virus is highly contagious, and is spread in saliva, by coughing and sneezing.

Diagnosis of mumps: in many cases your GP will diagnose Mumps on the basis of symptoms alone. If confirmation is necessary a swab of saliva from the mouth may confirm mumps. Many of those with mumps have few symptoms, or vague non specific symptoms. Mumps virus usually affects one or both Parotid salivary glands, these are below the ears and we normally cannot see or feel them. The parotid glands swell and become tender. High fever, fatigue, loss of appetite and vague tummy pain are often features of mumps. The swollen parotid glands usually settle within a week. Most cases of mumps affect people who were never vaccinated, or got just a single dose of vaccine (instead of the recommended two doses). Complications of mumps: young children with mumps usually improve without any complications. Teenagers and adults, while less likely to get mumps, are more likely to get complications. The testicle(s) sometimes become inflamed, swollen and sore, especially in teenagers. One or both testicles may be affected. The testicle is inflamed in about a quarter of post pubertal males, but infertility is rare. Sometimes a viral meningitis, with headache, photophobia and possibly neck stiffness can occur, but this is rare. Temporary or permanent loss of hearing can rarely occur as a mumps complication. Management of mumps: There is no specific treatment for mumps, and antibiotics are ineffective. It is important to give pain relief (paracetamol) for any discomfort, and ensure adequate fluid intake. Ice cream, Ice pops, "Mr Freeze"

and soft drinks may prove popular with children, while ensuring adequate fluid intake. Quarantine: mumps is very contagious for a few days before symptoms arise and five days afterwards. People with mumps should remain home from school/college/work for five days after the parotid swelling occurs. The risk of transmission after five days is very low.

Mumps vaccination; Most people born before 1978 have probably had mumps, as it is so contagious. The mumps vaccine, introduced in 1988, is very effective, but no vaccine is 100% effective. Most children are currently offered the MMR vaccine at 1y age, with the booster given at 4-5y age in primary school. The protection of the MMR vaccine does not develop quickly enough to provide effective protection after exposure to suspected mumps. However, the vaccine can provide protection against future infection. Therefore, contact with suspected mumps provides a good opportunity to offer MMR to previously unvaccinated individuals. If someone is already incubating mumps, MMR vaccination will not exacerbate the symptoms.

If you would like more information about Mumps, or MMR vaccine, ask your pharmacist or GP. The HSE have really good online advice:

<http://www.hse.ie/eng/health/az/M/Mumps/Introduction.html>

Much more detailed advice is available at: <http://www.hse.ie/eng/health/immunisation/hcpinfo/guidelines/chapter14.pdf>

Happy Christmas, and looking forward to meeting you again in 2016 !

Dr Diarmuid Quinlan, MB, BCh, BAO, BSc (Hons), MRCGP, MICGP, DCH, DFFP, Dip Pract

Sallybrook, Glanmire.
(021) 4821111

Update Report on behalf of GACA - Riverstown Tidy Towns Branch

Global Volunteer Day
On the 21st October last, Riverstown joined both Glanmire and Glanmire Community Garden, taking the help from volunteers from Messrs EI LILLY, who gave a day of their time under the companies Corporate Social Inclusion policy.

The work that was undertaken by them comprised mainly Edging with sharp spades and gardening edgers around the rear of John O Callaghan Park up towards the section near to the New Side Entrance Gate, recently installed by Cork County Council.

It was wonderful to be associated with their chief co-ordinator Gemma Condon and her fellow colleagues, the staff from Messrs EI LILLY, who came and remained so cheerful and enthusiastic throughout as they tackled what was to be fair, difficult and hard enough work. I can vouch that they were all a lovely bunch of young women and men, a pleasure to chat to, and have around. Walking through the next day, it was very obvious 'those paths' were reclaimed, giving a particular sharpness!

Messrs EI Lilly have also kindly gifted us, our Community with funding for some Bird Tables for John O Callaghan Park, which will help us look out for the little creatures, with feeding mainly through the colder winter spells which helps with their survival. Coming soon, do look out for these December nearer to Christmas!

TUS/GACA Teams

Special 'thumbs up' must go to Pat Stacey and his team on the magnificent ongoing grass cutting maintenance work done not only here, and around as well. When speaking to Pat and advising him the volunteers were coming, he seemed to move in quickly and quietly getting all the prep work done ahead of them.

Thanks to the staff that were rostered/

around over at the Community Hall that day who assisted the volunteers, and made them feel so welcome and comfortable during their break times.

Munitir Na Tir Awards Night

On the 22/10/15, the following night, it was out to Oriel House Ballincollig for the annual Presentation/Awards Night by Muintir. With the main honours going to our near neighbours Waterloo for their project, congrats to them, we were glad to receive, once again, Commended Certificate and Cheque for 100.00 Euros for Baile Roisin/Riverstown. Thanks to everyone who helped with funding, or in any way at all, which kept us going, and make it all possible. Look out for this Certificate soon too when you are out and about.

Baile Roisin/Riverstown - The Future - Whats Next?

Looking ahead towards 2016 Already plans are afoot for a new project in John O Callaghan Park at the place known as 'Meeting of the Waters'. We would especially like to thank Councillor Pdraigh O Sullivan, who took the time come out and meet us, and negotiate with Gerard O Hora, Local Area Engineer, which resulted in his Team arriving with the machinery and doing the heavy lifting and preparation of the site. More on this later on, meantime thanks a million guys.... Mighty!

Environmental Matters

Finally, thanks to Councillor Ger Keohane, who noted recent outstanding items that needed particular attention and who has offered to work with endeavoring with the Council plus various authorities on the list he was given.

Signed: Finbarr (Harty)
Local Resident/Community Volunteer- Assistant/and Supporter of The Tidy Towns Movement

Glanmire Village Tidy Towns 2015 Results

There was good news this year when the Tidy Towns Competition results were announced- we came up 15 points. In our last entry in 2013 we were awarded 234 points, in 2015 we rose to 249 points, thanks to the hard work put in by our volunteers and committed residents. Below are the details of the results on the different areas judged. For full details go to Tidy Towns Results 2015, click on Adjudication Results 2015, click on Cork South, and scroll to Glanmire.

	2014 Score	2015 Score
Community Involvement & Planning	40	40
Build Environment and Structures	30	30
Landscaping and Open Spaces	30	30
Wildlife, Heritage and Special Amenities	30	30
Recreational, Youth and Resource Management	30	30
Traffic and Urban Control	30	30
Residential Streets & Housing Areas	30	30
Commercial Areas, Streets & Carriageways	30	30
TOTAL SCORE	234	249

Thanks to all who supported us financially and otherwise during the year:

Ryan's Supervalu Glanmire; Mace (Grandons) Glanmire Village; Fitzgerald's Vienna Woods Hotel; Dr.

Kelly Chiropractor; Eva May Vintage; Bambury Accountants; Kopper Hair Salon; O'Callaghan's Pub; James Dunlea Car Sales; O Cearnagh's Pub; The Owners Glanmire Business Park; Liam O'Driscoll Car Mechanic; Glanmire Precision; Sean Long Tool Hire; Jodie's Café; Michael O'Connor Motor Factors; Direct Glass and Monkey Maze. Our thanks also to Cork County Council Area Engineers and staff and especially to the SECAD TUS workers under Noel Costello who were so very helpful.

Litter Challenge 2015

For several years now we have entered the Cork County Council Litter

Challenge which takes place during May and June and this year we increased our marks again.

Plans for 2016 Competition

We plan to enter the competition again next year and appeal for more volunteers.

Contact 086-8679189 or 021-4821333 for more information.

Thanking everyone involved on behalf of our committee, - Kathleen Moloney.



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OFFER Steak and a Pint served with mushrooms,
onions, chips, pepper sauce or garlic butter **plus a
pint or a glass of wine** all for only €20.

Sars Club News

The annual Poc Fada, our major
social gathering and fundraising
event takes place on St. Stephens
Day, starting at 10:30am at O'
Connell Group, Brooklodge. We
look forward to seeing you all
there.

Looking for that unique Christmas
gift? The Sars Club Shop stocks a

wide variety of clothing and acces-
sories for all the family. Christmas
Club now available. Open every
Wednesday 7-8pm and Saturday
10am - 1pm.

We would like to wish all our
players and supports a very Happy
Christmas & a Prosperous New
Year. Thank you all for your con-
tinued support Sinéad Roche.






CHRISTMAS CLUB

now available
at
Sars Club Shop

Shop open every Wednesday 7-8pm
and Saturday 10am - 1pm



Upper Glanmire Community Association

upperglanmirecommunity@gmail.com

Facebook page: Upper Glanmire Community Association



50 Shades of Fashion, Part 2: Fantastic Night in Upper Glanmire!

The Fashion Show in the Sports Hall in Upper Glanmire is always a special occasion and this year's show on the last Friday in October was no exception. The Sports Hall was transformed into a glamour event space by an army of community volunteers with help from expert professionals. Soft purple lighting, white table presentations with complementary goodie-bags and glasses of wine as well as an evening of top-quality entertainment put a smile on everyone's face!

Many thanks to all those who helped make it special: the comperes David Babington and Shin Hayes, the Community Association Sub-Committee of Lorraine O'Neill, Caroline O'Connell and Vincy Barry, and of course all the neighbours and community who turned out to enjoy a fabulous evening in Upper Glanmire.

Dates for the Diary

Pre-Christmas Community Clean-Up with White's Cross GAA, Saturday December 5th, 10-12.30. Meet at the Community Centre. Bring gloves and high-vis gear. Over-15s only.

Tea and goodies after! For more information about this and the Community Planting, contact 086 382 4405.

The Council has advised us that if you see dumped Litter and Waste, report it to 021 4285417 or email antilitterunit@cork-coco.ie. If possible, take photos of dumped bags.

Upper Glanmire Community Association has set up a Text Alert Network Database. This network is used to send out texts about community events. The Community Garda is also using it to send texts regarding suspicious activities, recent crimes and crime prevention advice. This service is free as it is sponsored by the Community Association. It is data-protected. Please email your mobile number to: upperglanmirecommunity@gmail.com or contact 086 382 4405.

Join us for Bingo in Upper Glanmire Community Centre every Thursday evening 8-10 pm. Friendly atmosphere with free tea, coffee and biscuits.

Upper Glanmire Community Association would like to wish all in our community a happy and peaceful Christmas and New Year.



Fashion Show Helpers to show guests to their seats.



Donna and Jacinta, Fashion Show Oct 15

Below: Julie Denny O'Callaghan lighting up the catwalk at the Fashion Show

OPEN NOW

IT'S CRUNCH TIME... GET FIT TODAY!

The new addition to our Sports Complex Centre is now open to the public. Crunch Fitness is a state of the art gym, complete with cardio machines, free weights and resistance machines.

MEMBERSHIP RATES

6 Months = €120

12 Months = €195

Family = €350
(2 adults + 2 over 15's)

For enquiries call **087 0981940**

CRUNCH FITNESS
Upper Glanmire Sports Hall

JOIN TODAY!



Community Clean-Up October 2015: Willie Martin, Ray O'Donoghue, Rick Burke, John Meade, Tom Stuart and Pat Reid. Next clean-up is December 5th.



Wishing all our customers a Merry Christmas and Happy New Year

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Email: info@msports.ie

FREE ENTRY to win Cork GAA jersey for the month of December with every spend over €10

"Keep your business in Glanmire to keep Glanmire in business"

Gift Vouchers available - Deposits Taken

Extra 10% off all footwear for December.

OPENING TIMES

Open Mon-Fri 9.30am to 6pm
 & Sat. 9.30am to 5.30pm

CHRISTMAS OPENING HOURS

24th Dec - 9.30 - 15.00

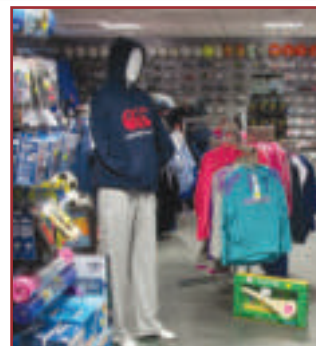
25th - 28th Dec - Closed

29th + 30th Dec - 9.30 - 18.00
 31st Dec - 9.30 - 17.00 1st

We are open 2/1/16

We are Closed 1/1/16

email: mccarthyssportsworld@yahoo.ie



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St. Joseph's Church, Springhill, Glanmire
Wednesday 16th December, 2015 at 7.30pm

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Glanmire 4821788
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Due to a successive period in house sales we urgently require (for pre approved mortgage & cash clients) a number of three & four bedroomed semi detached and detached homes in the Glanmire and surrounding areas including Watergrasshill, Glounthaune, Little Island, Knockraha, Carrigtwohill, Mayfield and Ballyvolane.

Are you looking to sell or rent property???

We would be delighted to carry out an appraisal of your property. Please call us locally at 021/4821788 or call in to our offices in the Hazelwood Shopping Centre.

THE DNG TEAM GLANMIRE



Iris McCarthy, Jean Shanahan, Kevin Condon, Kate Kearney, John Wiseman, Katherine Murphy.



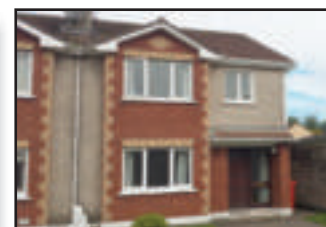
8 Hayville, Sallybrook, Glanmire
BER C2 Guide Price €345,000



19 Heathervue, Glanmire
BER C3 Guide Price €230,000



East Cliffe Cottage, Glanmire
BER G Guide Price €80,000



11 Palmgrove, Riverstown, Glanmire
BER: D1 Guide Price €230,000



44 Friars Road, Turners Cross
BER E1 Guide price €165,000



59 Upper Glencairn, Glanmire
BER C1 Guide Price €295,000



30 St. Lappans Place, Little Island
BER E1 Guide Price €115,000



12 Glyntown Heights, Glanmire
BER C3 Guide Price €350,000

To all our customers and friends we Wish you a Merry Christmas & Happy New Year, and thank you all for your business in 2015.

Selling/Valuations/Lettings 021 4821788 & info@dngmurphycondon.ie

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Sunday 6th Dec.

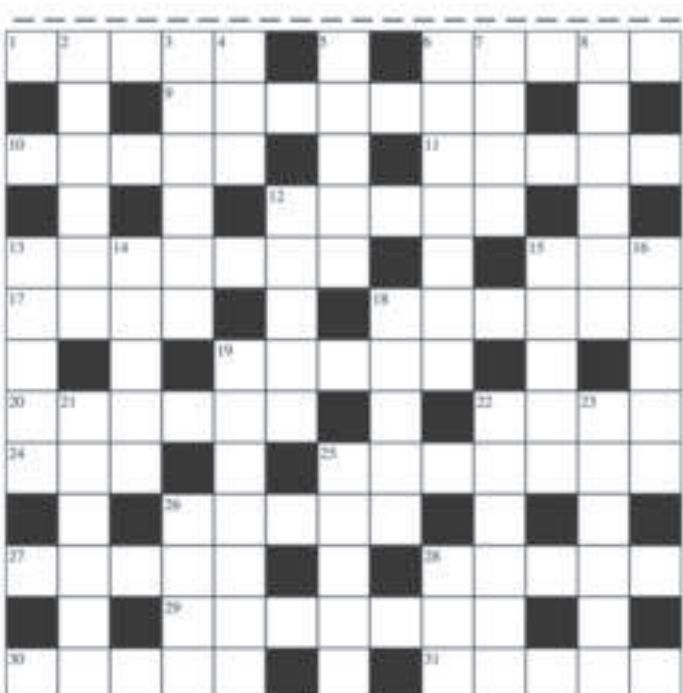
HOUSE DE CLUTTERING

Household items wanted for Charity/Community Stall @ The Glanmire Car Boot Sale/Farmers Market. (Clothes, Books, Toys, Electric Items, Furniture etc in good condition please).

Your donation is much appreciated
Please Contact 086-8294713.



Joe Organ Auctioneers
Telephone 086 6013222 - 021 2428620
email joeorganauctioneers@gmail.com
www.joeorganauctioneers.ie
Office 2B Crestfield Centre, Glanmire.



SEND your entries marked CROSSWORD to Glanmire Area Community Association, Riverstown Cross, Glanmire, to arrive by 21st December. The prize is a meal in BEVA CAFE which will be awarded to the first all-correct entry opened. Please include your telephone number, home or work, with your address.

Across

1. Famous N. York island (5)
6. King with golden touch (5)
9. First book in bible (7)
10. Incinerated (5)
11. One going underwater (5)
12. Common black birds (5)
13. Circular areas on moon (7)8.
15. Portion (3)
17. In this place (4)
18. Work area (6)
19. Cut into tiny pieces (5)
20. Very powerful bomb (6)
22. Administer medicine (4)
24. Drag along after (3)
25. Machine for weighing (7)
26. Consists of links (5)
27. Rugby playing island (5)
28. Noise (5)
29. Baby hare (7)
30. Just right (5)
31. Stories (5)

Down

2. Paris Museum (6)
3. Set alight (6)
4. Solidified (e.g. jelly) (3)
5. Is afraid (5)
6. Helps at births (7)
7. Islamic State (4)
- Common acid (6)
12. Irish for fun (5)
13. Play unfairly (5)
14. Bow and ---- (5)
15. Buffalo-like animal (5)
16. Indian tent (5)
18. Larger than a sea (5)
19. Mr. O'Leary (Ryanair) (7)
21. In the direction of (6)
22. US State (6)
23. Holds a candle (6)
25. Part of bathroom furniture (5)
26. Popular fizzy drink (4)
28. See 4 Across (3)



Crossword Winner, Maire Twohig, The Village Glounthaune, Co. Cork - Enjoy your meal, at BEVA CAFE P: 021 4858002

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DARA MURPHY TD

Securing the Recovery

As we approach Christmas I wish you a happy and peaceful time with your family, friends and loved ones and good health and happiness for the year ahead.



The Glanmire Youth Initiative works with over 300 young people, aged between 12 and 24. I recently met with the dedicated team behind this local initiative and unveiled a plaque to acknowledge the contribution of the service to the local community.



I'm pictured here with members of Glanmire Football Club at a gathering to mark the club's receipt of funding under the Sport Capital Grant Programme

Constituency Office:

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